Health Benefit Checklist

Make sure your military health benefit works for you!

If you are new to Europe or have recently had a change in your family such as a move or new baby, there are some steps you need to take to ensure your health benefit information is up to date and working for you:

☑ **Verify Eligibility**
Have you recently updated your information in DEERS to ensure you remain eligible for TRICARE?

☑ **Check Your Coverage**
Are you covered by TRICARE Prime or Standard? Do you need dental coverage for your family?

☑ **Know How to Get Care**
What if you have an emergency? Where do you call to schedule a checkup? What do you do when you're traveling?

☑ **Find Help When You Need It**
Where do you go when you have questions about your military health benefit or need medical advice?

Need Answers?

See the other side to find out where to go.

Verify Enrollment

- ☐ Ensure that your address is correctly listed in DEERS online at www.tricare.osd.mil/DEERS
- ☐ Contact your local ID Card facility at **INSERT NUMBER** to make other changes, such as adding or removing family members

Check Your Coverage

- ☐ **TRICARE Prime** is for Active duty families who want low costs, a Primary Care Manager and priority access to military medical facilities; enrollment is required
- ☐ **TRICARE Standard** gives you more choice, but higher out-of-pocket costs and space-available access to military medical facilities
- ☐ **Retirees** under 65 are covered under TRICARE Standard; retirees 65 or older must purchase Medicare Part B to qualify for TRICARE For Life
- ☐ **Military dental care** for overseas family members is offered on a space-available basis, so consider enrolling in the TRICARE Dental Program--go to www.tricaredentalprogram.com for details
- ☐ **Contact your TRICARE Service Center** for more information, to enroll in TRICARE PRIME or to get answers to your TRICARE questions: **INSERT NUMBER**

Know How to Get Care

- ☐ **On-base Emergenices:** Call **INSERT NUMBER**
- ☐ **Off-base Emergencies:** Call **INSERT NUMBER**
- ☐ **Nearest Emergency Room:**

  INSERT FACILITY NAME HERE

  INSERT LOCATION INFORMATION HERE

  INSERT LOCATION INFORMATION HERE

  INSERT PHONE NUMBER HERE
- ☐ **Appointment Line: INSERT COMM. NUMBER** or DSN: **INSERT DSN NUMBER**
- ☐ If you are planning a trip in Europe or the U.S. contact your TRICARE Service Center at **INSERT NUMBER** for important information

Find Help When You Need It

- ☐ For most questions about your military health benefit, your first call should be your local TRICARE Service Center: **INSERT NUMBER**
- ☐ For non-emergency medical questions after duty hours, call the TRICARE Nurse Advice Line 24/7: **INSERT NUMBER**
- ☐ For general information about your nearest military medical facility, call **INSERT NUMBER** or go to **INSERT WEB ADDRESS**
- ☐ For general information about your TRICARE benefit, go to www.europe.tricare.osd.mil